



## Fast Fennel Salmon

with Lemon and Zucchini Slaw



20min



4 Portions

Quick, easy and simple enough for a weeknight, this sumptuous doesn't skimp on flavour. Tasmanian salmon fillets are pan-seared with lemon wedges to create a citrus infused golden crust. Served with a fresh summery slaw, spiked with zingy capers, and a fennel and lemon reduction. It's perfection on a plate.



## What we send

- 1
- 15
- 4

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- fine grater
- large frypan
- medium frypan

Our veggies come fresh from the farm, so please wash them before use.

## Cooking tip

Salmon cooking times may vary depending on fillet thickness.

## Allergens

Gluten (1), Fish (4), Tree Nuts (15). May contain traces of other allergens.

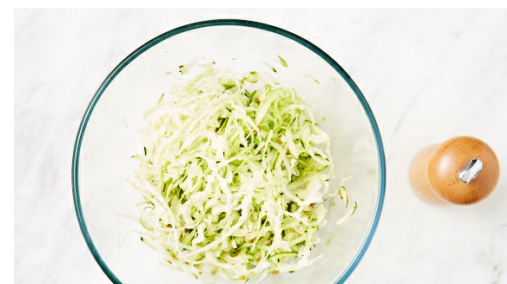
## Nutrition per serving

Energy 455kcal, Fat 32.7g, Carbs 5.5g, Protein 31.5g



### 1. Prepare ingredients

Very thinly slice the **cabbage**. Coarsely grate the **zucchini**. Finely grate the zest of **1 lemon**, then juice.



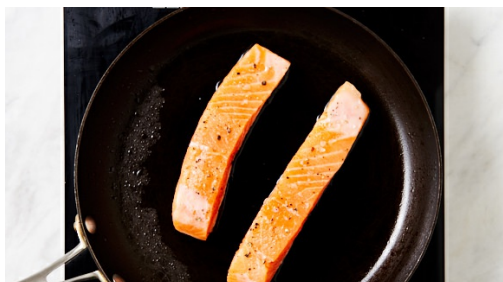
### 2. Make coleslaw

Finely chop the **capers**. Put the capers, **cabbage**, **zucchini** and **lemon juice** in a large bowl, season with **salt and pepper** and toss to combine.



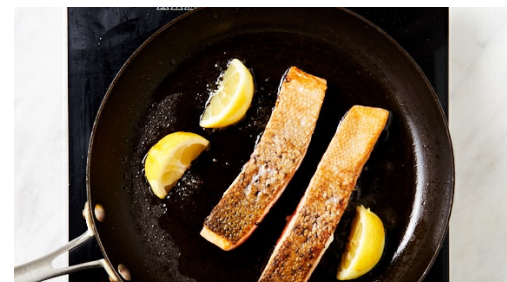
### 3. Cut lemon wedges

Cut the **remaining lemon** into wedges. Crush or finely chop the **garlic**. Season the **salmon** with **salt and pepper**.



### 4. Cook salmon

Coarsely chop the **hazelnuts**. Put the **hazelnuts** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat. Heat **2 tbs olive oil** in a medium frypan over medium-high heat. Cook the **salmon**, skin side down, for 2-3 mins, then turn.



### 5. Caramelise lemon

Add the **lemon wedges** to the pan, cut side down, and cook the **salmon** and lemon for a further 2-3 mins or until salmon is cooked to your liking and the lemon is lightly caramelised (see cooking tip). Remove the salmon and lemon from the pan and divide among plates.



### 6. Get ready to serve

Reduce the heat to low. Add the **garlic**, **lemon zest** and **fennel seeds** and cook, stirring, for 2 mins or until light golden and fragrant. Divide the **coleslaw** and **salmon** among the plates. Spoon over the **fennel seed mixture**, scatter over the **hazelnuts** and serve with the **lemon wedges**.